

Bread Sunday

March 15, 2019 - 9:00 or 11:00am mass

The family of each First Communicant is invited to bake a loaf of bread together. It can be any variety of bread you wish (banana, wheat, white, etc.). You can make the loaf from scratch or use a mix. The idea is to do this project together, and to use it as a tool to teach about the Body of Christ.

- When mixing the bread, talk with your child about the Body of Christ being like the ingredients that are in the bread. Each separate ingredient can do very little, but combined, they form one product, pleasing to all.
- The yeast or baking soda activates the bread which is like our souls being "activated" through the power of the Holy Spirit working in our lives.
- As you knead or mix your bread, you could explain that the members of the Church are like the ingredients that are kneaded together through the mixing of personalities, gifts, and talents. When we work together, we become one product, pleasing to God.

Cut out and complete the bread tag you received, and attach it to your loaf of bread which should be wrapped in clear plastic wrap. The bread tag asks the person receiving your loaf to remember to pray for your child and all the First Communicants. Bring the bread with you to Mass on the weekend specified at the top of this letter. At the end of Mass, Father will invite the First Communicants to the altar. He will bless the bread and pray over the children. The children will be asked to find someone they do not know in the congregation and to give the loaf to them. This is a wonderful way for them to reach out to others in our church community.



This _____ bread was made
with love by the _____
_____ family.
We share it with you and hope you enjoy it!

_____ (child's name)

_____ (date)

_____ (date)

_____ is preparing to celebrate First Holy Eucharist
on _____.

Please pray for me and all those preparing to receive
Jesus in the Eucharist for the first time.